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CHICKEN BROILERS



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Chicken broilers have markedly changed the poultry eating habits of Canadians. No longer is it "Chicken every Sunday" — it's chicken any day, any place and any time. Chicken is plentiful the year round and is popular for home, restaurant or take-out meals.

Convenient and easy to cook, broilers are in demand for the outdoor barbecue whether for a crowd or for a family cookout. No matter how broilers are served, they can be prepared imaginatively with different herbs and sauces.

Broilers compare favorably with red meats — they are economical, an excellent source of protein, relatively low in fat and a good source of iron. They are an excellent source of niacin, one of the B vitamins.

BUYING

Chicken is usually a good buy all year. Broilers are available fresh or frozen, as whole, halves, quarters or pieces. The whole broiler (2 to 4 pounds) usually sells for less per pound than the parts. Compare prices on the basis of cost per serving rather than cost per pound. Allow $\frac{3}{4}$ to 1 pound of cut-up parts for one serving, 1 pound breasts for 2 servings and 1 pound livers for 4 servings.

Whole chicken broilers are sold according to grade. The grade mark is on a metal tag on the breast, or is printed on the transparent bag or label insert. Canada Grade A (red tag) is the grade most commonly available. The "Canada Approved" or "Canada" health inspection legend on poultry indicates that the birds are wholesome and were processed in federally inspected plants.

STORING

Fresh chicken may be stored in a refrigerator 2 to 3 days before cooking. Remove outer wrappings and cover chicken loosely with waxed paper or aluminum foil. Store cooked chicken in a covered container, plastic bag or aluminum foil. It may be kept 3 to 4 days in a refrigerator.

If wrapped carefully, fresh whole chicken may be stored in a freezer at 0°F for 12 months; cut-up chicken may be stored for 6 months. Cooked chicken may be stored in the freezer for 1 to 2 months.

To thaw chicken, allow about 5 hours per pound in the refrigerator or about $1\frac{1}{2}$ hours per pound at room temperature. Thaw the chicken in its original wrapper, but slit the wrapper along the back or underside when thawing at room temperature. Cook thawed chicken within 24 hours after defrosting.

Commercially barbecued chicken needs special care. If you plan to serve a hot barbecued chicken within 1½ hours after purchase, keep it hot in an oven set at 150° to 200°F. If you plan to serve hot barbecued chicken more than 1½ hours after you purchase it, it is best to remove it from the wrapper, refrigerate it as soon as possible, then reheat 20 to 30 minutes at 325°F before serving.

GRILL-BARBECUED CHICKEN

Use halves, quarters or small pieces of chicken allowing about $\frac{3}{4}$ pound per serving. Brush liberally with oil and sprinkle with salt, pepper and paprika. Place skin side down on greased grill about 3 inches from coals. Brown each side about 3 minutes. Raise grill to about 5 inches from coals. Turn meat often to avoid scorching. Baste lightly with oil after each turning. If desired, brush with sauce or marinade near end of cooking. Meat is done when it is fork-tender and pulls away easily from bone. Cook quarter chicken 30 to 35 minutes; half chicken, 50 to 55 minutes.

OVEN-BARBECUED CHICKEN

Preheat broiler. Place chicken pieces skin down in shallow pan. Broil 6 to 8 inches from heat until lightly browned (about 10 minutes). Turn, baste with oil and continue broiling until skin browns (about 5 minutes). Pour barbecue sauce over chicken. Bake at 325°F until chicken is tender (about 45 minutes for quarter chicken, 55 minutes for half chicken).

ORIENTAL BARBECUE SAUCE

$\frac{1}{2}$ cup oil	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup vinegar	$\frac{1}{4}$ teaspoon pepper
1 tablespoon soy sauce	2 tablespoons brown
2 teaspoons ginger	sugar

Combine in jar and shake well. Makes about $\frac{3}{4}$ cup.

CRISPY BAKED CHICKEN

$\frac{3}{4}$ cup ready-to-eat cereal	$\frac{1}{2}$ teaspoon paprika
crumbs	Dash garlic powder
1 teaspoon salt	3 tablespoons melted
$\frac{1}{2}$ teaspoon poultry	butter
seasoning	6 chicken legs, cut in half
$\frac{1}{4}$ teaspoon pepper	(about 3 pounds)

Mix crumbs with seasonings. Dip chicken in butter then in seasoned crumbs. Place chicken pieces skin side up in a single layer in greased baking dish. Bake uncovered 1 hour at 350°F. 6 servings.

CHICKEN SUPRÊME

6 half chicken breasts, skinned and boned	6 slices cooked ham ($\frac{1}{2}$ pound)
$\frac{3}{4}$ cup grated Canadian Gruyère cheese	3 tablespoons butter, melted

Pound chicken breasts to flatten. Place 2 tablespoons cheese on each ham slice. Fold ham to completely enclose cheese. Place on chicken breasts, roll up like a jelly roll and fasten with a skewer or tie. Sauté rolls in butter until lightly browned (10 to 15 minutes). Reduce heat, cover and cook until chicken is tender (20 to 25 minutes) turning once. Uncover, increase heat and continue cooking until skin is crisp and liquid in pan is reduced (5 to 10 minutes). Serve with Mushroom Sauce.

MUSHROOM SAUCE

2 cups mushrooms ($\frac{1}{2}$ pound)	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup chopped green onion	$\frac{1}{8}$ teaspoon pepper
3 tablespoons butter, melted	Dash nutmeg
3 tablespoons flour	$\frac{1}{4}$ cup dry white wine
	$1\frac{1}{2}$ cups chicken bouillon
	$\frac{1}{2}$ cup light cream

Save some mushroom caps for garnish and slice remainder. Sauté mushrooms and onion in butter. Remove mushrooms and keep warm. Stir in flour and seasonings. Gradually add wine and bouillon. Stir and cook until smooth and thick. Reduce heat and simmer 5 minutes, stirring occasionally. Gradually add cream and pan drippings from chicken and heat. Arrange chicken on platter and pour sauce over it. Garnish with mushrooms. 6 servings.

CHICKEN LIVER CASSEROLE

1 pound chicken livers	$\frac{1}{2}$ teaspoon salt
1 cup chopped onion	$\frac{1}{8}$ teaspoon pepper
3 tablespoons butter	2 tablespoons chopped fresh parsley
6 sliced hard-cooked eggs	$\frac{1}{2}$ cup grated cheddar cheese
1 10-ounce can condensed cream of mushroom soup	2 tablespoons dry bread crumbs
$\frac{1}{4}$ cup milk	

Remove membranes and cut livers in bite-size pieces. Sauté onion in butter until transparent. Add livers and brown. Arrange livers and eggs in greased shallow baking dish. To make sauce, combine soup, milk and seasonings. Pour sauce over livers and eggs, sprinkle with combined cheese and crumbs. Bake 20 to 25 minutes at 350°F. 6 servings.

FESTIVE CHICKEN

$\frac{1}{2}$ cup seasoned flour*	$\frac{1}{4}$ cup fat
$\frac{1}{2}$ teaspoon cinnamon	1 tablespoon water
$\frac{1}{4}$ teaspoon allspice	$\frac{3}{4}$ cup cranberry sauce
1 cut-up chicken broiler (about 3 pounds)	2 tablespoons chopped fresh parsley

Combine seasoned flour and spices; coat chicken with flour. Brown in hot fat about 15 minutes. Drain off all but $\frac{1}{4}$ cup fat. Add water. Cover, reduce heat and cook slowly 20 minutes. Add cranberry sauce. Cover and cook until chicken is tender (about 15 minutes). Garnish with parsley. 4 servings.

MAPLE CHICKEN

$\frac{1}{2}$ cup seasoned flour*	$\frac{1}{4}$ cup melted butter
$\frac{1}{2}$ teaspoon nutmeg	$\frac{1}{4}$ cup maple syrup
6 chicken legs (about 3 pounds)	

Mix seasoned flour with nutmeg. Coat chicken with flour. Place skin side up in greased baking dish and brush with butter. Bake uncovered 30 minutes at 350°F. Turn skin side down, baste with syrup and bake 30 minutes. Turn and continue baking 15 to 20 minutes more, basting occasionally. 6 servings.

APPLE-GLAZED CHICKEN

3 whole chicken breasts (about 3 pounds)	$\frac{1}{4}$ cup honey
$\frac{1}{4}$ cup seasoned flour*	1 tablespoon lemon juice
$\frac{1}{4}$ cup melted butter	$\frac{1}{2}$ teaspoon salt
1 cup apple sauce	Dash pepper

Cut chicken breasts in half and coat with seasoned flour. Place in greased baking dish skin side up and brush with butter. Bake uncovered 30 minutes at 350°F. Combine remaining ingredients and spread over chicken. Continue baking, basting several times with glaze, until chicken is tender and brown (40 to 50 minutes). 6 servings.

*SEASONED FLOUR Mix $\frac{1}{2}$ cup flour, 1 teaspoon salt, 1 teaspoon paprika and $\frac{1}{8}$ teaspoon pepper.



LEMON-CURRY CHICKEN

1 cut-up chicken broiler (about 3 pounds)	2 tablespoons lemon juice
$\frac{1}{2}$ cup seasoned flour*	2 tablespoons melted butter
$\frac{1}{4}$ cup fat	1 teaspoon curry powder

Coat chicken with seasoned flour. Brown in hot fat about 15 minutes. Cover, reduce heat and cook slowly 15 to 20 minutes. Arrange skin side up. Combine remaining ingredients and spoon over chicken. Cook uncovered until tender (about 10 minutes). 4 servings.

YOGURT BAKED CHICKEN

2 cups plain yogurt	1 clove garlic, crushed
$\frac{1}{4}$ cup lemon juice	1 cut-up chicken broiler (about 3 pounds)
1 teaspoon salt	1 cup dry bread crumbs
$\frac{1}{2}$ teaspoon rosemary	

To make marinade, combine yogurt, lemon juice and seasonings. Marinate chicken 24 hours. Drain chicken and dip into bread crumbs. Arrange skin side up in greased baking dish and brush with marinade. Bake uncovered 30 minutes at 350°F; turn skin side down, baste and bake 30 minutes; turn and bake 15 minutes more. 4 servings.

CHICKEN SUKIYAKI

SAUCE

$\frac{1}{4}$ cup soy sauce	1 tablespoon sugar
$\frac{1}{2}$ cup water	$\frac{1}{2}$ teaspoon salt
2 tablespoons sherry	

Combine ingredients, bring to boil and cool.

3 whole chicken breasts	8 green onions, 1-inch pieces
2 tablespoons oil	3 cups sliced mushrooms (about $\frac{3}{4}$ pound)
$1\frac{1}{2}$ cups diagonally sliced celery	
8 small onions, sliced thinly	

Bone and cut chicken in thin rectangular pieces. To ensure crispness of vegetables, cook only half the ingredients at one time. Sauté chicken in oil 1 minute, add celery and cook 1 minute more. Add onions, mushrooms and sauce and continue cooking about 7 minutes. Serve with rice. 4 to 6 servings.

*SEASONED FLOUR Mix $\frac{1}{2}$ cup flour, 1 teaspoon salt, 1 teaspoon paprika and $\frac{1}{8}$ teaspoon pepper.

BAKED CHICKEN WITH ORANGE SAUCE

6 chicken legs (about 3 pounds)	1 cup dry bread crumbs
Salt and pepper	1 tablespoon grated orange rind
2 beaten eggs	$\frac{1}{4}$ cup melted butter
2 tablespoons water	$\frac{1}{4}$ cup orange juice

Sprinkle chicken with salt and pepper. Dip chicken in combined eggs and water, then in combined crumbs and orange rind. Place in greased baking dish. Baste with butter and orange juice. Bake uncovered at 350°F until tender (about 1 $\frac{1}{4}$ hours), turning occasionally. Serve with Orange Sauce.

ORANGE SAUCE

$\frac{1}{4}$ cup chopped onion	1 tablespoon soy sauce
$\frac{1}{4}$ cup diced green pepper	$\frac{1}{4}$ teaspoon ginger
1 tablespoon butter, melted	1 teaspoon brown sugar
1 cup orange juice	1 tablespoon cornstarch
	$\frac{1}{4}$ cup water

Sauté onion and green pepper in butter. Add orange juice, soy sauce, ginger and sugar. Cover and simmer 10 minutes. Combine cornstarch and water. Add to sauce, stir and cook until thick and clear. Serve with chicken. 6 servings.

SWEET AND SOUR CHICKEN

1 cut-up chicken broiler (about 3 pounds)	$\frac{1}{2}$ teaspoon salt
Salt and pepper	$\frac{1}{2}$ cup chicken bouillon
Nutmeg	2 tablespoons vinegar
$\frac{1}{4}$ cup fat	2 tablespoons soy sauce
$\frac{1}{2}$ cup chopped onion	1 cup diagonally sliced celery
1 14-ounce can pineapple tidbits	1 cup green pepper, cut in strips
$\frac{1}{2}$ cup syrup from pineapple	2 tablespoons cornstarch
2 tablespoons brown sugar	$\frac{1}{4}$ cup syrup from pineapple

Sprinkle chicken with salt, pepper and nutmeg. Brown in hot fat about 15 minutes. Add onion and sauté until transparent. Drain pineapple, save syrup. Add $\frac{1}{2}$ cup syrup, sugar, salt, bouillon, vinegar and soy sauce to chicken. Cover and cook until chicken is tender, turning occasionally (30 to 40 minutes). Remove chicken and keep hot. Add celery, green pepper and pineapple and cook 5 minutes. Combine cornstarch with remaining syrup and add to pan; stir and cook until thick and clear. Pour over chicken. 4 servings.

CHICKEN WINGS CREOLE

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| 18 chicken wings
(about 3 pounds) | 2 teaspoons salt |
| 2 tablespoons fat | $\frac{1}{8}$ teaspoon pepper |
| 2 cups sliced mushrooms
(about $\frac{1}{2}$ pound) | 1 teaspoon basil |
| 1 19-ounce can tomatoes | $\frac{1}{4}$ cup flour |
| 1 cup apple juice | $\frac{1}{2}$ cup water |
| 1 clove garlic, crushed | $\frac{1}{4}$ cup chopped fresh
parsley |

Remove wing tips. Brown chicken in hot fat about 5 minutes. Remove from pan. Sauté mushrooms about 2 minutes and remove from pan. Add tomatoes, apple juice, seasonings and chicken. Cover and simmer 25 minutes. Uncover and add combined flour and water. Stir and cook until thick. Add mushrooms and parsley and continue cooking 10 minutes more. Serve with rice. 6 servings.

CHICKEN WITH SOUR CREAM SAUCE

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| 1 cut-up chicken broiler
(about 3 pounds) | 1 cup sliced mushrooms
(about $\frac{1}{4}$ pound) |
| $\frac{1}{4}$ cup fat | $\frac{1}{2}$ cup diced green pepper |
| $\frac{1}{2}$ cup chopped onion | $\frac{1}{2}$ cup diced celery |
| 2 tablespoons flour | 2 tablespoons chopped
fresh parsley |
| 1 $\frac{1}{2}$ teaspoons salt | Paprika |
| $\frac{1}{4}$ teaspoon pepper | |
| $\frac{1}{2}$ pint (1 $\frac{1}{4}$ cups) dairy
sour cream | |

Brown chicken in hot fat. Remove from fat and drain. Place in greased baking dish. Pour off all but 1 tablespoon fat. Sauté onion until transparent. Stir in flour and seasonings. Gradually add sour cream. Stir and cook until smooth and thick. Add remaining vegetables and parsley. Pour sauce over chicken. Sprinkle with paprika. Cover and bake at 325°F until chicken is tender (about 1 $\frac{1}{4}$ hours). 4 servings.



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